

Continuing From the Heart's Soft Reopening



As you probably all know, there is yet another iteration of COVID going around and incidence rates are on the rise again. Every month, at the Board meeting, we discuss From the Heart's "relationship" with COVID and we have decided that, for the time being, we will continue to require the use of masks while in the workshop and also request that people practice reasonable social distancing. Everybody will have to sign the register on the front desk in the hopefully unlikely event we need to engage in any form of contact tracing.

As always, we request that you do not come to the workshop if you are feeling unwell or running a temperature or if you have been in the company of someone who has been unwell. The workshop at 1114 Westbriar Drive in Henrico is now open for people to come in to sit and craft during regular hours which are 10am until 2pm on Tuesdays, Wednesdays, Thursdays, and Saturdays. A total of 7 people (5 crafters and 2 elves) will be allowed in the workshop at any given time, not to include people who come in for just a couple of minutes to get yarn for a future From the Heart project.



<http://www.fromtheheartstitchers.org>
<https://www.facebook.com/FromtheHeartStitchers>
Midlothian, VA 23114
1425 Crawford Wood Place

Grateful Thread – August 2022

From the Heart
17th Annual Retreat Registration Form
“Shining Our Light”

October 1, 2022, 10:00 am to 3:30 pm
The Place at Innsbrook, 4036 Cox Rd., Glen Allen, VA 23060
Number of attendees is limited to 125 total.

Your Name: _____

Address: _____

Phone: (h) _____ (c) _____

Email: _____

Circle which boxed lunch you would like to receive. Sandwich boxes include a bag of chips, freshly baked cookie, potato salad, a bottle of water, cutlery kits & appropriate condiments. Bottled water, a cookie, and crackers are included with the salad option. Hot tea and coffee will also be available.

- 1) **Sliced Roast Beef with Cheddar**, lettuce & ripe tomato on multigrain bread
 - 2) **Vegetarian Wrap**, roasted peppers, onions, zucchini, squash & balsamic vinaigrette
 - 3) **Orange Pecan Salad**, fresh greens, ripe tomatoes, red onion, glazed pecans, mandarin oranges & raspberry vinaigrette
- (1) Add chicken to the Orange Pecan Salad (please circle) YES NO

DO YOU HAVE ANY KNOWN FOOD ALLERGIES? IF SO, TO WHAT? _____

ONLY FORMS MAILED TO ADDRESS BELOW WILL BE ACCEPTED:

Beth Williamson
3014 Westgate Drive
Richmond, VA 23235
804-233-4046 (h), 804-920-1542 (c)
elizabethwilliamson3300@comcast.net

Registration Fee \$40.00 per person (used to assist and defray the cost of running the Retreat.)
****Make Check Payable to From the Heart**.**

Your check #: _____ Amount: _____

For planning purposes, registration must be *received* on or before September 15th, 2022. Share the fun, bring a friend! Use one form for several attendees but be sure to note who wants which boxed lunch. Given the large number of people attending past Retreats and the difficulties posed by walk-ins on the day of the Retreat, **there will be no walk-ins** allowed so be sure to register both yourself and any friends in time for Beth to have your form(s) in hand on or before September 15.

Please also note that a photographer will be in attendance and photos taken may be used by From the Heart to promote future From the Heart events and/or activities.

No refunds will be given after September 15th, but substitutions will be allowed for any reason.

Letter from Lois – August 2022



Our Nancy W. is BRILLIANT!!

On any given day you can see the unbelievable talents of our stitchers. One such day happened recently when I witnessed a crocheted fidget lap panel being created right out of an amazing mind, without a pattern! Nancy just sat there stitching, chatting, and creating as she worked!

Many of our memory care and hospices often request fidget blankets for their busy fingered patients. Now, for me blankets are so far down my list of items to stitch, mainly because I have so many very necessary, small items for which I feel responsible I just can never set aside time to devote to an entire blanket. Now don't get me wrong...we need so many lap and large blankets for dialysis, chemo, palliative care, and others, but to call blankets quick, easy projects is just crazy in my opinion.

Nancy to the rescue! She has created both knit and crochet patterns for a Fidget Lap Panel. These consist of rows of holes or openings through which interesting textured yarn, ribbon or other creative items can be woven. These are only about 30 x 12 inches and can be completed by one stitcher or in conjunction with a helper to do the weaving.

Granted, this will be a new idea for our recipients requesting items for their memory care patients. But, with their requests for those fidget blankets going un-met, I'm hoping they will just be quite thrilled with this idea. They will finally be able to supply their folks with projects that can easily be used while in a wheelchair without the danger of slipping off their laps, possibly creating falls while reaching to retrieve, or easily managed while strolling around their facility.

I've made a few of these panels and find I'm actually enjoying the process! Most of mine are stitched using leftovers since that's what's readily available at my house.

Some of our Elves have already told me of their willingness to work on completing these knit or crocheted fidget lap panels during their shifts at the workshop by adding bits and



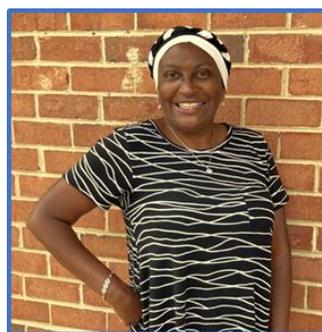
bobs to finish them. To that end, there is now a basket in the front room of the workshop with the unfinished panels in it and you will find potentials to finish them off on the Memory Care Shelf to the

right as you enter the yarn hall. Feel free to jump in and help with this either by making or completing the panels. You will also find the patterns for the knit/crochet part in this newsletter and, as always, please remember to make sure that anything added to the panels is very securely attached.

Give these some thought, maybe try a couple and cross your fingers that our recipients will be as excited about them as I am 😊

Lois

Introducing Our Newest Board Member Joyce Puller



The Board of Directors welcomed Joyce Puller to the Board at the July meeting.

Many of you will recognize Joyce. She has taught crochet classes at our Retreats several times. Joyce learned to crochet when she was 8 years old. She is a

“speed crocheter” and loves to crochet “holes” like Granny Squares and Corner to Corner.

A little-known secret is that she is also a “closet knitter”, too. You can occasionally catch her knitting a cotton dishcloth. Joyce retired June 30th and we are looking forward to seeing her at the Workshop on a regular basis. Be sure to congratulate her when you see her at the Workshop and the upcoming Retreat!

From the Heart 2022 Retreat – Shining Our Light

The registration form for the Retreat on October 1st is in this newsletter. The maximum number of attendees is 125, so be sure to get your form in early. The suggested donation is \$40, and you should circle the lunch you would like to receive on the registration form.



Confirmed speakers for the event are:

- Judy Knauf, “doctor” at the Doll Hospital Annex, and From the Heart liaison with several recipient groups
- Liz Dukette, founder and CEO of World U.P., a humanitarian organization which improves access to resources for people in need.

Our confirmed vendors, to date, are:

- Center of the Yarniverse, a local yarn store located in Ashland, Va. You can check out the possibilities of what they might bring to our retreat by going to their website at www.centeroftheyarniverse.com.
- Our own Sheila Weisensale from Weisensale Creations will be offering a lovely selection of handmade note cards and other paper creations, which all include a selection of flowers and seeds from Sheila's personal garden. Sheila has an Etsy page, UncommonCuts, which you can access [here](#).
- Merry Soapmakers of Powhatan. Hand crafted soaps and hand creams made with natural ingredients such as lavender and goat milk.
- Classy Accessories offers really well made and very cute towels, totes, and jewelry. Check that out on Facebook [here](#)

We will hold two classes during the Retreat, but you do need to register with either Tricia or Kulla in order to reserve a seat at either of the classes. The classes are:

- Johnnie Wood will teach "An Introduction to the Knitted Tubular Bind Off" in the morning. This bind off method is very lovely and gives a nice stretch to your work. Please bring a small swatch of 10 stitches by 10 rows still on your needle. Stockinette (K one row, P one row) or garter (K all rows) are best.
- In the afternoon, Francine Nelson and Joyce Puller will teach the crocheted Waffle Stitch while exploring technological enhances through the use of TikTok and other methods.

To register, contact Kulla (kulla.ficare@verizon.net, 804-263-5480) or Tricia (triciaennis2014@gmail.com, 804-683-9015).



We will also have several raffles during the Retreat, which will include many items handmade and donated specifically for this Retreat, meaning that every item is literally a one-of-a-kind

item. A few of these items are pictured in the photo, Tickets will be \$1 apiece, \$5 for six.

Some fortunate attendees will also receive one of our absolutely gorgeous and handmade "Matilde" bags.

Plus, of course, you will be able to purchase a grab-bag of high-class yarn for \$5 and join in our Bingo games should you wish to do so.

To top all that off, Ayn W. has agreed to MC the event and you all know what a remarkable and funny MC she is!

Because of the ongoing matter of you know what, as mentioned earlier we are limiting attendance to 125 so register early if you plan to attend. Registration will close on September 15th, after which no refunds will be given but substitutions will be allowed for any reason.

Tip of the Month

How to Work a Long Tail Cast on When Knitting

Knowing how much yarn to pull in order to begin a long tail cast on is quite a problem for many knitters. Too little and you find yourself desperately pulling your cast on stitches to try to make it work. Too much and you end up having an unnecessarily long tail. How many of you have accidentally picked up a too long tail and begun to work with it, not even realizing what you've done until you are a good halfway through your first row or round?



Rather than working a mini long tail cast on and then measuring your yarn or using wraps, why not try working from both ends of your skein? Yes, the very beginning is a bit fiddly, but it works perfectly every time with no frustration from running out or wasted yarn from having pulled too much yarn to start with.

Janet Sparzak

Fredericksburg Ruritan Pickup/Drop Off

We have scheduled our next drop off / pickup at the Ruritan for Wednesday 08/10/22 from 10-12. **Masks are required** to enter the building.

The Ruritan generously allows us to use the building at no charge although it is typically \$100 to rent the facility. If anyone would like to donate to the Ruritan, we will have a donation box available to help offset their expenses for our use of the building (electricity, etc.).

If you want to pick up supplies. I will need the following information from you by Thursday 08/04 by 5:00 PM. After that we will be bagging the supplies and will do our best to provide what you are asking for.

- Your name
- What you would like to drop off
 - What supplies do you need?
 - Any information you might think pertinent
 - Kit to make a red, white, & blue blanket

We will be open for receiving finished items and picking up supplies only – from 10:00am – noon. If the weather is nice, feel free to bring a lawn chair, sit in the shade and visit.

Thank you so much for all you do for From the Heart. Please do all you can to keep yourself and those around you safe, and again, thank you for all you do help us continuing to deliver items during these challenging times.

Our drop off next month will be Wed., September 14th!

Pam Greswolde, 540-661-7967,
pegreswolde@comcast.net

For Your Browsing Pleasure

August is vacation and super heat month for Virginia. Create a dishcloth for FTH and keep your lap cool by signing into daisyandstorm.com and knit dog themed alphabet number music animal plant zodiac word and more dishcloths and afghan squares. The thank you square is one of my favorites as is the yarn and needle square. Next up is a repeat a selection of blog post articles and updates from knitting and crochet experts [Knitting News - Latest 2022 News Articles & Updates](#). Twenty-one bloggers with various craft interests are represented and make lazy in the shade reading. See if you can find the Rag Jewelry article which would make a great craft item for Vacation Bible school. Keep cool and keep hydrated.

Current Needs – August 2022

Below are our current, most pressing needs but, as we always say, make what you enjoy making and we will find a home for it. Lots of patterns are available on our website at: <https://fromtheheartstitchers.org/patterns/>.

If you deliver any items yourself in the Richmond area, please let Lois Moore know at loisfth@me.com or (804)305-4971. Fredericksburg/King George area please contact Pam (540) 661-7967, pegreswolde@comcast.net.

Richmond and Surrounding areas have a need for:

- Red, white, & blue blankets
- Sewn dignity bibs
- Fidget items for Memory Care (see patterns in this newsletter)

Fredericksburg/King George has a need for:

- Cotton washcloths – **Please DO NOT tag (tags are in the bags with the toiletries)**
- Hats of all sizes except preemies
- Scarves of all size
- Lap blankets no smaller than 32 x 32 – they can be square or rectangular, no larger than 32 x 36

- Toys
- Military (red, white & blue) lap blankets. (kits available at the Ruritan on August 8)
- We **really** need military blankets in **LAP SIZE**, – they can be square or rectangular, no larger than 32 x 36, as large ones are not as useful for nursing homes or memory care.]

Workshop Volunteering and Scheduling - August

To volunteer for a two-hour shift at the workshop during the month of August 2022, please contact the scheduler for August, Keyser Glancy, keyserglancy@gmail.com, 804-402-0985.

To find out what is involved in being an Elf (workshop volunteer), contact any one of the schedulers listed below.

- Ann Robbins, aerobbins@live.com, 804-270-6247 or 804-921-1174 (c)
 Kulla Ficare, kulla.ficare@verizon.net, 804-263-5480
 Jacqueline Muoio, msjbangles@yahoo.com, 804-802-2304
 Tricia Ennis, triciaennis2014@gmail.com, 804-683-9015
 Keyser Glancy, keyserglancy@gmail.com, 804-402-0985

Elf of the Month – July 2022

Each month, the names of the Elves who have volunteered are entered into a random drawing and one name is pulled to be Elf of the Month. Congratulations to **Ellen Dukette**, Elf of the Month for July 2022. Next time you are at the workshop, Ellen, please select some of the nicer yarn for personal use in a non-FtH project.

Donation Inventory Numbers: July 27, 2022

	Previous Total
Mid 2002 – 2021	470,447
	2022
January – June	20,875
July (to the 27 th)	2,639
Year to Date Total	23,514
Grand Total	493,961

6,039 items to go until we reach that MAGIC NUMBER of **HALF A MILLION** items. Way to go FtH members! **Can we do it before the Retreat???** I say **YES we can.**

Covid Items Donated as of July 27, 2022

Face masks	42,293
Ear Saver	6,167
Surgical Hats	2,745
Comfort Hearts	1,620
Total	52,825

Fidget Lap Panel: Crochet

Worsted Weight Acrylic Yarn
Size J or K hook (samples made on K)

Panel finished size: approx. 30 x 12 inches

Chain 96 stitches

Row 1: Half double crochet in 3rd chain from hook and in every stitch to end of chain. Chain 2, turn
Row 2: Double crochet in first hdc from prior row, chain 1, skip 1 hdc, dc in next hdc...to end of row. Chain 1, turn
Row 3: Half double crochet in each dc and each space across to end of row. Chain 2, turn
Row 4: Repeat row 2
Row 5: Repeat row 3
Repeat these 5 rows in either a solid color or multiple stripes...your choice



Fidget Lap Panel: Knit

Materials:

Size 10 ½, 11 or 13 needles, circular for the number of stitches
Worsted weight yarn, 4 weight, a regular skein or scrap yarns in similar weight
Several novelty yarns OR ribbon OR interesting textured yarn (if you intend to “finish” the panel)
A large safety pin or Bodkin for weaving the yarn (if you intend to “finish” the panel)

Base panel

finished size 24-36 inches wide, 12-16 inches long
Cast on 76-80 stitches
Knit 4 rows
Knit 2, * yarn over knit 2 together* across to last 3 stitches. Yarn over, knit 2 together, knit 1.
Repeat these 5 rows until panel measures 12-14 inches long, ending with 4 knit rows.
Bind off.

Note: if your yarn overs tend to run tight, try doing a double yarn over. When knitting the next row, knit one of the loops, let the other drop.

Finishing Either Knit or Crochet Blankets by Turning the Base Panel into a Woven Panel



If you have the necessary materials and desire, use a bodkin (a sewing tool used for threading elastic through a casing, OR a large safety pin to weave the novelty yarn through the yarn over mesh rows. Use a single, double, or triple strand, depending on thickness. Cut your piece (or pieces) as wide as the panel plus 8-12 extra inches for fringe. Attach the bodkin, or safety pin, to one end, weave the novelty yarn across. (Attach one end directly from the skein of novelty yarn if you like.) Knot the ends outside the mesh to secure, leaving a fringe. Be sure to smooth the blanket before knotting the ends to avoid the blanket puckering or bunching up. You can also add whatever other adornments come to your mind provided they are safe and WELL secured.



If you prefer to skip the “finishing” steps, bring your panel to the workshop, and add it to the bin in the front workroom so that others who want to do this part but not the panel part, have panels to choose from. The accretions are on the Memory Care shelf to the right as you enter the yarn hall – or just use fancy yarns you think will serve the purpose. Let your creativity be your guide!

Many more patterns for lots of other items (both knit and crochet) are available online on our website at <https://fromtheheartstitchers.org/patterns/>

From the Heart Local Group Times
Subject to Change Check Before Heading Out

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <ul style="list-style-type: none"> • Stonebridge Rec. Ctr. 10a–1p (must call to confirm first) • Gayton Kirk K/C, Gayton Kirk Church 7pm • From the Heart Quilters West Chester Joann's 9:30am - 12:30pm. Mask required if not vaccinated or for comfort. 	<p>2</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • North Courthouse Rd. Library, 11am – 1pm • Violet Bank Stitchers, 10am – noon • Heritage Public Library, New Kent, 2:00pm (Hybrid meeting – on site and Zoom) • Southside RVA Stitchers 6:30-8:00pm 	<p>3</p> <ul style="list-style-type: none"> • Colonial Heights Senior Ctr 10-noon • Colony Critters, Patriot's Colony, Williamsburg 1:30pm • McKenney Library 3:00 – 5:00pm • Spring Arbor Sr. Living 1:30pm 	<p>4</p> <ul style="list-style-type: none"> • Hopewell Happy Caps, 10am- noon • Glen Allen Library Group, 1 – 2:30pm 	<p>5</p> <ul style="list-style-type: none"> • Five Rivers Fiber Guild Heathsville. 10am – noon • Midlothian Women's Group Kroger Starbucks, Ivy Mount Shopping Center. 2:00 – 4:00pm 	<p>6</p> <ul style="list-style-type: none"> • Atlee Angels Legacy Park 1-3pm
7	<p>8</p> <ul style="list-style-type: none"> • Gayton Kirk K/C, Gayton Kirk Church 7pm • Stonebridge Rec.Ctr. 10:00am – 1:00pm (must call to confirm first) 	<p>9</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • North Courthouse Rd Library, 11am – 1pm • Violet Bank Stitchers, 10am – noon • Southside RVA Stitcers 6:30-8:00pm 	<p>10</p> <ul style="list-style-type: none"> • Colonial Heights Senior Ctr 10-noon • Elmcroft Retirement 1:30pm • Dinwiddie Library 1:00-3:00pm • Spring Arbor Sr. Living 1:30pm • Chesterfield Needlework Friends Central Library 1pm – 2:30pm 	<p>11</p> <ul style="list-style-type: none"> • Hopewell Happy Hearts, 5:30pm – 7:30pm • Glen Allen Library Group, 1 – 2:30pm 	<p>12</p> <ul style="list-style-type: none"> • Five Rivers Fiber Guild Heathsville. 10am – noon • King George - Peace Lutheran Church 10 am – noon • Kay's Krafters 1-5pm • Twin Hickory Clubhouse Group 10:30am – 12:30pm – Zoom only 	<p>13</p> <ul style="list-style-type: none"> • Louisa Hardees 10am - noon
14	<p>15</p> <ul style="list-style-type: none"> • Gayton Kirk K/C, Gayton Kirk Church 7pm • Stonebridge Rec.Ctr. 10:00am – 1:00pm (must call to confirm first) • Charles City County Library 1:00pm (Hybrid meeting – on site and Zoom)) • From the Heart Quilters West Chester Joann's 9:30am - 12:30pm. Mask required if not vaccinated or for comfort. 	<p>16</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • North Courthouse Rd Library, 11am – 1pm • Violet Bank Stitchers, 10am – noon • Southside RVA Stitchers 6:30-8:00pm 	<p>17</p> <ul style="list-style-type: none"> • Colonial Heights Senior Ctr 10-noon • Spring Arbor Sr. Living 1:30pm • McKenney Library (Ragsdale Room) 3:00 – 5:00pm 	<p>18</p> <ul style="list-style-type: none"> • Hopewell Happy Caps, 10am- noon • Glen Allen Library Group, 1 – 2:30pm 	<p>19</p> <ul style="list-style-type: none"> • Five Rivers Fiber Guild Heathsville. 10am – noon 	<p>20</p> <ul style="list-style-type: none"> • Atlee Angels, Legacy Park, 10am – noon
21	<p>22</p> <ul style="list-style-type: none"> • Gayton Kirk K/C, Gayton Kirk Church 7pm • Stonebridge Rec.Ctr. 10:00am – 1:00pm (must call to confirm first) 	<p>23</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • North Courthouse Rd Library, 11am – 1pm • Violet Bank Stitchers, 10am – noon • Southside RVA Stitchers 6:30-8:00pm 	<p>24</p> <ul style="list-style-type: none"> • Colonial Heights Senior Ctr 10-noon • Elmcroft Retirement 1:30pm • Spring Arbor Sr. Living 1:30pm • Dinwiddie Library 1:00-3:00pm • Chesterfield Needlework Friends Central Library 1pm – 2:30pm 	<p>25</p> <ul style="list-style-type: none"> • Hopewell Happy Hearts, 5:30pm – 7:30pm • Glen Allen Library Group, 1 – 2:30pm • Summerhill Retirement Ctr 1:30 – 3:30pm • Ashland Library Group Noon – 4:00pm 	<p>26</p> <ul style="list-style-type: none"> • King George - Peace Lutheran Church 10 am – noon • Five Rivers Fiber Guild Heathsville. 10am – noon • Twin Hickory Clubhouse Group 10:30am – 12:30pm – Zoom only 	<p>27</p>
28	<p>29</p> <ul style="list-style-type: none"> • Gayton Kirk K/C, Gayton Kirk Church 7pm • Stonebridge Rec.Ctr. 10:00am – 1:00pm (must call to confirm first) 	<p>30</p> <ul style="list-style-type: none"> • North Courthouse Rd Library, 11am – 1pm • Violet Bank Stitchers, 10am – noon • Southside RVA Stitchers 6:30-8:00pm 	<p>31</p> <ul style="list-style-type: none"> • Colonial Heights Senior Ctr 10-noon • Spring Arbor Sr. Living 1:30pm 			

Name	Address	City	Day of Month	Time of Day	Contact
Ashland Library Group	201 S. Railroad Ave	Ashland	Thursday, 4 th	Noon – 4:00pm	Vicki Welsh, vickiwelsh@protonmail.com
Atlee Angels	Legacy Park Social Ctr Midday Ln	Mechanicsville	Saturday 1 st , 3 rd	1- 3 pm/10-noon	
Brandermill/Woodlake Group	Panera Bread, Brad McNeer Parkway	Midlothian	Wednesday 2 nd , 4 th	DST 6:30-8:00pm	Not Currently Meeting
Charles City County Library	10790 Courthouse Rd	Charles City	Monday, 3 rd Hybrid Mtg	1:00pm	Charles City County Library (804) 652-2450 Hybrid
Chesterfield Heights Comm Ctr	901 Madrona Street	Midlothian	Tuesday, every	2–3:30pm	
Chesterfield Needlework Friends	Central Library, 7051 Lucy Corr Blvd.	Chesterfield	Wednesday, 2 nd , 4 th	1-2:30pm	
Colonial Heights Sr Ctr	Roanoke Avenue	Colonial Hgts	Wednesday, every	10am-noon	
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 st	1.30pm	
Crossings at Bon Air	Bon Air Crossing Drive	Richmond	Monday, every	2:00pm	Not Currently Meeting
Dinwiddie Designers	Library, 14103 Boydton Plank Rd	Dinwiddie	Wednesday 2 nd , 4 th	1:00–3:00pm	
Elmcroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 2 nd , 4 th	1:30pm	Kathleen, 804-327-1990
Fairfield Lib Conf Rm (Paddington Group)	14001 N. Laburnum Rd.	Henrico	Varies: Contact Tonia	12:30-2:00pm	Tonia Neiter, 804-938-0468
Farmville	Farmville Baptist Ch, 132 N Main St	Farmville	Wednesday, every	5:00pm	Not Currently Meeting
Five Rivers Fiber Guild	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am-noon	Judy Mooers, 804-366-1133, jkmooers@aol.com
Fredericksburg Group	Redeemer Luth, 5120 Harrison Rd	Fredericksburg	Tuesday 2 nd , 4 th	10:00am–12:30p	Not Currently Meeting
Fredericksburg Group	Wegman's Food Court, Central Pk	Fredericksburg	Tuesday 3 rd	5:30–7:30pm	Not Currently Meeting
From the Heart Quilters	Joann's, West Chester Shopping Ctr. Mask required if not vaccinated or for comfort	Midlothian	Monday 1 st , 3 rd	9:30am -12:30pm.	Betsy Vest. 804-747-0297 epvest3@gmail.com
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm	
Glen Allen Library Knitting Group	10501 Staples Mill Rd	Glen Allen	Thursday, every	1 – 2:30pm	Barbara Robinson 804-310-3790
Heritage Public Library	7791 Invicta Lane	New Kent	Tuesday 1 st Hybrid Mtg.	2pm	Heritage Public Library, 804-966-2480 Hybrid
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 1 st , 3 rd ,	10am-noon	804-458-6329
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 2 nd , 4 th	5:30-7:30pm	804-458-6329
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 nd	1-5pm	
King George, Peace Lutheran Ch	5590 Kings Highway	King George	Friday 2 nd , 4 th	10am-noon	540-775-9131
Louisa Hardees	881 Jeff Davis Hwy	Louisa	Saturday, 2 nd	10am-noon	Pat Gibson 540-872-5524
Mathews Group, A Common Thread	Ch of Francis De Sales, 176 Lovers	Mathews	Wednesday, 1 st	10:30am–2:00pm	Not Currently Meeting
McKenney Library Group	Ragsdale Room, McKenney Library	McKenney	Wednesday 1 st , 3 rd	3:00–5:00pm	804-458-6329
Michael's, (craft room)	Midlothian TnPk. & Courthouse Rd	Midlothian	Wednesday 1 st , 3 rd	Noon–3pm	Not Currently Meeting
Midlothian Women's Group	Kroger Starbucks, Ivy Mount Sh. Ctr.	Midlothian	Friday 1st	2:00- 4:00pm	
N Courthouse Rd Library Fiber Trends	325 N. Courthouse Rd.	Richmond	Tuesday, every	11am–1 pm	
Panera Bread	Midlothian and Chippenham	Richmond	Tuesday every	5:30–7:30pm	Beth Williamson, 804-920-1542 Not Currently Meeting
Prince George Yarnspinners	Prince George Lib, 6605 Courts Dr	Prince George	Tuesday 1 st , 3 rd	2-4pm	Not Currently Meeting
Southside RVA Stitchers	Publix upstairs café, 7045 Forest Hill Ave.	Richmond	Tuesday every	6:30-8pm	Patricia Selinger 804-467-5699
Spring Arbor Senior Living	9991Ridgefield Parkway	Richmond	Wednesday, every	1:30pm	(804) 754-8700
Stonebridge Recreation Ctr	230 Karl Linn Drive	N. Chesterfield	Monday every	10:00am–1:00pm	Must call Stonebridge Rec. Ctr. To confirm first
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Thursday 4 th	1:30-3:30pm	
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 nd , 4 th (Zoom)	10:30am-12:30pm	Mickey Price, 804-364-1257 mickeyprice@comcast.net
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday every	10a-noon	804-520-9395